

NEWTON YMCA SPRING NEWSLETTER 2020



Member Spotlight–Marv Zimmermann

Why did you become involved with the YMCA?

When I was 12 or 13 I got a call at home and from a person that said would you like to join the Y? I asked about what the Y does and was told about all of the sports programming and a special membership program where I could get a free or discounted membership if I sold soap, so I went out and sold a whole bunch of bars of soap and got a Y membership. After that, I got involved in a new club called the Junior Leader Club. We helped with all of the physical programming with youth. I remember that we would go to speak at Kiwanis and Rotary and we would show off the gymnastics program by tumbling right down the middle of their meetings. I attended the George Williams College to continue on my passion with the YMCA. I worked at various community centers and clubs while in college, but my main love was always the YMCA. Straight out of college from 1965–1968 I was hired as the physical director at the Davenport Y to work under the same man that inspired and mentored me in Junior Leader Club. In 68, I went back to my hometown. I went through many different director titles at that Y before I came here in 76, where I spent a few years here. I'm happy that they decided to take a chance on somebody young.

Were you looking to manage a Y anywhere, or was there something appealing about Newton?

I liked that the building was brand new. I remember the first floor instead of having the cardio equipment was an open game room to the public. I liked the relationship that the city and the Y co-sponsored the open door policy. I also believe that having great balanced programs for the community is so important. I remember seeing staff form bonds that are more important with members, so that they were not just patrons, but people who were invested in the well-being of the mission of the Y. It was a long-term educational process, but it was so important to change lives. I believe that positive relationships can have monumental impacts on people's lives.

Not being a Newton native, why did you choose to stay? What was the appeal of Newton?

I was blessed with some of the finest staff people that you could ever find. I met only people who would bend over backwards and give more than asked, which where else in the area can you find that? I also loved that all different aspects of the community would see problems and actively work together to fix them.

What were some of the biggest changes you saw?

Well, the expansion in 88 was great and we did a remodel in the 90's. The start of the endowment and the involvement of that committee was astonishing. Seeing the building change from the Newton Community Center to the YMCA was also interesting to see. There was one gentleman where I asked for a small amount of money from, and I walked into his office one day and he said I want to give \$500,000 dollars in your name. I wasn't quite prepared for how emotional that gesture made me, but it is still something that I can never quite get over. It always amazes me to hear the impact that the Y can have on some people's lives, like how it has helped Rhondi so much with her disability. You truly never know whose lives you're going to touch, and that is one of the most rewarding parts of being involved with the Y.

You were touching on the importance of connections. Is that how you view the Y's role, as a place to form connections in the community?

I believe that it is, but I also thing that our main role is looking at what the community needs and trying to meet those needs. We have to be careful to look into the specific needs of our local community and not just the gym and swim need. I always believed in making sure that our programs were ones that people could look back on with fondness for a lifetime. The more time that you invest in anybody. The more that you will get back.

You were part of the Y movement for most of your life. You continue to come to the Y often even being re-tired. Why do you do that? What does the y mean to you?

The Y means to me a healthy body, mind and spirit. I know I have to take care of my body. If we don't take care of our bodies things are going to go downhill. I'm happy that I'm able to keep up some of my relationships though the Y, and develop new ones. I value and treasure some of my oldest relationships, especially with Al and Dorothy. The Y is keeping all of us young.

What is your favorite Y memory?

I have so many rewarding experiences along the way. I love reflecting on the adventures that were big risks and seeing the outcomes. I believe that the teen program was great and needed and I'm happy that we did that. I couldn't be more excited to see the risk of taking on child care pay off. Through these things, I'm reminded that there are no guarantees. When I'm reflecting I know that these things happened with amazing staff and volunteers. To see the smiles and feel the energy of children and people that take part in our programs remind me that we are providing something needed, and that they get to have fun in a safe and trustworthy environment.

Newton YMCA Facilities

To ensure the safety for all ages:

- Children under the age of 9 must have direct supervision within the facility and on YMCA property.
- Supervision must be maintained by someone 18 years (unless otherwise specified) or older who is physically present and available to immediately respond to the needs and well-being of the child and others.
- Child Watch will be available for those kids 6 weeks through 5 years of age.
- Kid Zone will be available for those kids who are 5 years through 9 years of age or older if needed.
- Hours vary throughout the day, week and season.
- For the most up-to-date schedule and details, please check the web site or our Welcome Center staff can provide you with the information.

Wellness Center

- Members and guests 14 years and older may use the cardio, Cybex Weight Equipment, and free weight equipment.
- Youth ages 9-13 may use the cardio and Cybex weight equipment area after successful completion of a Cybex orientation and must be under direct supervision of an adult (18 or older) in the area at all times.
- Children age 8 and younger are not permitted in the Wellness Center.

Free Weight Room

- Members and guests 14 years and older may use free weight equipment.
- Youth ages 13 and younger are not permitted in the weight room area.

Track

- Members and guests 9 years and older may use the track as long as they are exercising and not disrupting others from enjoying their workout.

Racquetball Courts

- Members and guests 14 years and older may utilize the Racquetball Courts.
- Youth under 14 may utilize the Racquetball Courts if they are playing and under direct supervision of a member or guest (18 or older).
- Members and guests are asked to wear eye protection & tennis shoes while using the area.

Program Cancellation & Refund Policy

The YMCA reserves the right to cancel classes due to low enrollment. Registrants will be informed if a class is cancelled. If the YMCA cancels a class, registrants will receive a full credit. Should a registrant cancel within 3 business days of the class starting, a full program credit will be provided. No credit or refund will be given after the first class. All registration fees for the Early Learning Center are non-refundable. The YMCA does not provide refunds on memberships.

Towel Usage

The YMCA has a free hand towel service. However, to save energy, each visitor is limited to two towels per visit. Towels are available from the front desk attendant only. Please be sure to return all towels before leaving the YMCA. The YMCA does not have large bath/pool towels for use by patrons. Please be sure to bring your own from home if planning on showering or swimming at the YMCA.

Locker Room Usage and Policy

The Locker Rooms are available for our members and guests. The Men's and Women's Locker Rooms are for adults 18 and older. Youth under 18 and unaccompanied by an adult should use the Boy's and Girl's locker rooms.

Please bring your own padlock. The padlock is for your visit only and will be removed when the YMCA is closed if it remains on the locker. Also, please be sure to take your belongings with you when you leave. The YMCA is not responsible for damaged, lost or stolen items in the locker rooms or anywhere at the YMCA. Additionally, lockers may be rented in the Men's and Women's Locker Rooms for \$20 per month. This program is called "Plus" membership and includes locker rental, 2 bath towels, and laundry service. Please inquire about the benefits of "Plus" membership at the front desk.

Membership

MEMBERSHIP CANCELLATION FEE

Members are required to fill out a cancellation sheet in order to stop their membership. A member must fill out cancellation sheet by the 5th of the current month in order to stop that month's payments. There is no cancellation fee associated to your membership, as it is a month by month basis.

DAY PASSES

Guests will be charged a guest fee as follows:

- \$6 per visit/youth
- \$6 per visit/senior citizen (62 and older)
- \$8 per visit/college (with I.D.)
- \$10 per visit/adult
- \$15 per visit/family (1-2 adults and legal dependents)

Daily fees allow guests to use the entire facility including the pool, fitness center, weight rooms, locker rooms, game rooms and more.

SENIOR DAY

All day every Thursday, anyone 62 and older can use the entire facility such as the whirlpool, swimming pool, and exercise equipment for only \$1 per person.

INSURANCE

The Newton YMCA partners with the following insurance health plans to offer membership discounts; Silver Sneakers, Renew Active, AARP Medicare, and Cigna Silver and Fit. If you have questions regarding your plan please reach out to your provider. These plans are subject to change at any time.

ANNUAL MEMBERSHIPS

- Paid by cash, check, VISA, Master Card, or Discover
- All membership fees are non-refundable and nontransferable
- Payment through automatic monthly bank draft.
- Bank draft occurs on the 20th of each month.
- Cancellation requires written notice by the 5th of the month to avoid money being taken out of your account on the 20th.
- Cancellations are not accepted by phone or e-mail. A cancellation form must be filled out in person.

Memberships	Monthly		Annual	
	Renew	New	Renewal	New
Youth*	\$ 24	\$ 27	\$ 276	\$ 312
College**	\$ 28	\$ 33	\$ 324	\$ 384
Adult	\$ 47	\$ 54	\$ 540	\$ 624
Family***	\$ 67	\$ 77	\$ 756	\$ 876
Senior Citizen (62 and older)	\$ 36	\$ 41	\$ 408	\$ 468
Senior Citizen Couple	\$ 50	\$ 57	\$ 576	\$ 660

*Individuals between 9 and 18 years old to qualify.

** Requires proof of 12 credit hours from Registrar's office

*** Dependant children under the age of 23 are allowed on the family membership

MEMBERSHIP INFORMATION

Your YMCA membership is valid at the Newton YMCA and all practicing Nationwide YMCAs across the country. Your membership may be used for membership services and program registration rates. All children over the age of 9 and younger than 14 must be supervised throughout the weight equipment and cardio area at all times. Rates, hours of operation and services provided with your membership are subject to change. Please have your Membership ID Key Tag ready to scan for admittance to the facility.

Building Info

1701 S. 8th Ave. E., Newton IA, 50208
 641-792-4006 / www.newtonymca.org
 facebook.com/newtoniaymca
 Instagram: @newtonymca50208

Building Hours

Monday-Friday, 5 a.m.-10 p.m.
 Saturday, 6 a.m.-6 p.m.
 Sunday, 1 p.m.-5 p.m.
 Pool: Please call or check online for the most up-to-date schedule.

Closed: April 12 & May 25

Child Watch/Kid Zone Hours

Mornings: Mon-Sat: 8am-11am
Evenings: Mon-Thur.:5pm-8pm

MEMBERSHIP BENEFITS

- As a member of the YMCA your entire family will benefit:
- Get more savings on more programming fees when a member compared to the non-member rate
 - Use of the fitness center equipped with treadmills, elliptical and step machines, upright and recumbent bikes, arc trainers. Access to resistance weight machines and the free weights room
 - Receive one free Fitness Center Orientation with a trained professional
 - Receive three free day passes when you sign up for a membership
 - More than 50 land and water classes offered free each week to members
 - Use of a racquetball court and two pickle ball courts
 - Indoor walking/jogging track
 - Use of two gyms and basketball courts
 - A 25-meter, heated, indoor pool, hot tub, steam room and sauna
 - Free youth, adult and family activities
 - Guest privileges at YMCA facilities around the U.S.
 - Support in achieving personal wellness goals
 - A friendly, caring staff to help at any time
 - A safe, family-friendly environment

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Member Spotlight - Marv Zimmermann



TPI Fundraiser

TPI will be at your Newton Y fundraising for heart health month. Donate one dollar for every minute you cycle to an organization that benefits heart health. This event is open to Y members and TPI employees and will be March 4 from 7 a.m. - 6 p.m. in your Newton Y's small gym.



Special Olympics

Come out to the Newton Y to compete in the Special Olympics time trials for track and swimming as well as the softball throw competition. Registration is the day of, so make sure to show up a little early so you can get going on time! Volunteers are always appreciated for this event and if you're interested please contact our Director of Sports, Scott Taylor, at scott.taylor@newtonymca.org or 641-792-4006. This is a free event an open to the community, so come in and support our Olympians! We will see you March 10 at 3 p.m.



PAT March

Join us for a morning of fun. Children will enjoy crafts and games, while parents learn about technology and language development in young children. The presentation will be provided by Amy Murphy. She is a speech language pathologist, who covers the preschool population in Newton and has 29 years of experience serving children with communication disorders. This event will be Friday, March 13 from 10 a.m. - 11 a.m. for kids ages 0-5 and their parent!

Member Appreciation Week

We want to celebrate, you, our members! From April 6 - 10 we want you to be able to bring your friend. Come workout, swim, take a group fitness class, play basketball, and more with your friend who isn't a Y member for free! Keep an eye out for more fun things that we will be doing that week to celebrate you! Without you, we wouldn't be here. Thank you for being awesome members!

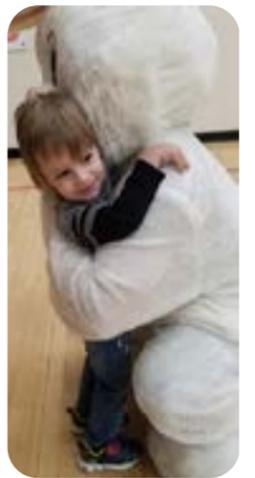


Egg Hunt

Hop on over to Newton YMCA's annual Easter Egg hunt, sponsored by Hy-Vee. This year's event will take place at 11 a.m., April 11 on the Y soccer fields with oodles of eggs for children of all ages. We'll have big prizes, too, with tickets tucked away in random eggs and the Easter Bunny will be on hand for photos and high fives. The event is free and open to the public and will start promptly at 11 a.m. Please bring a basket, bag or a parent with big hands to help carry eggs.



When: 11 a.m. April 11
Where: YMCA soccer fields
(gyms in case of rain or, heaven help us, snow)



Healthy Kids Day



Healthy Kids Day is the Y's largest nationwide youth initiative, bringing children and families together through activities and education that inspire healthy habits in the summer months, and year-round. We will have vendors showing all of the great things that they offer for the youth of our community, activities to get kids moving and thinking, and so much more! For the first time, we will have our pool open for free during this event!

Join us on April 18 from 11 a.m. - 2 p.m. to enjoy this fun and free event!



Body Pump & CxWorx Launch

Same classes and moves that you know and love, but come and enjoy the new music and choreography! Come and check out the new releases at our fun quarterly event. This event is free and open to the community, so if you know someone who has been interested in the Y, bring them in!

This event will be March 14 with Body Pump at 8:15 a.m. and CxWorx 9:30 a.m. at the Newton Y.

Questions? Contact Hannah Bartlett at hannah.bartlett@newtonymca.org or 641-792-4006



Free Movie

Looking for something fun to do on a day off of school and possibly a day off of work? Come join us at the Capitol II Theatre for a free movie! We will be announcing the movie later on our social media and website, so keep your eye out! We will have this movie April 10 at 10:30 a.m., and make sure to pick up your tickets before hand at the theatre or our Welcome Center.



Senior Health and Fitness Fair



Come out to the Newton Y to see what your community has to offer at Senior Health and Fitness Fair! There will be golf cart transportation to help you get from your car to the fair with ease, some walking time on the indoor track, a free breakfast, a wide variety of vendors to cover all of the services that we can provide for seniors in the area, entertainment, and door prizes.

This year the fair will be May 27 from 8 a.m. - 10 a.m., with the walking track opening at 7:30 a.m.

We look forward to seeing you!



Business Partner Spotlight



We are so proud to have a partner like Newton Clinic! Newton Clinic is a multi-specialty clinic serving the citizens of Newton, Iowa and the greater Jasper County area. Their 19 providers offer health-care services in the areas of family medicine, obstetrics, gynecology, internal medicine, and podiatry. Their physicians also offer 24/7 on-call coverage. Newton Clinic is owned by the member physicians and employs about 60 full-time employees. Their facility includes a full-service laboratory, full-service X-ray department, obstetric ultrasound unit, fetal non-stress testing unit, video flexible sigmoidoscope unit, treadmill, and three surgical procedure/casting rooms. Thank you to Newton clinic for not only being a partner of the Y, but a great asset to the community.

Why Give to My Y?



When you give to the Newton YMCA, you continue to strengthen your community and move us all forward. As Jasper County's leading non-profit, the Newton Y uses your gift to make a meaningful and enduring impact right in your own neighborhood. Jasper County's future depends on the strength of our children. That's why the Newton Y provides programs that help build assets in youth. All YMCA youth programs strive to; demonstrate and teach positive values to children and adults, prepare youth to become productive adults through life skills development, and support and strengthen families. With your help, the YMCA can continue to have a positive impact on the Jasper County community for generations to come.

A Letter From Lucas....



Hello YMCA and Community Members,

Spring time is right around the corner and I couldn't be happier! These cold wintery months allow me to appreciate the spring season, especially here at the Newton YMCA . Spring time gives us the opportunity to see our little athletes run around in our youth soccer and football programs, our big athletes battle for the crown as the best adult flag football team, and our fitness classes work their tails off outside, earning the goals they have set out to accomplish since January. As you work towards your health and wellness goal here at the Y, remember that small daily improvements are the key to staggering long-term results.

Lucas Hughes

CEO
Newton YMCA



Lucas Hughes, CEO of Newton YMCA

Pool Information

- Children 8 and under must be accompanied by a guardian 16 & up in the water unless they are able to pass a YMCA test given by a lifeguard. Children who have not passed the swim test must have a guardian 16 & up in the water, with active supervision.
 - Children 9 & up may be in the pool area unsupervised if they have passed the swim test.
 - Children who have not passed the swim test 9 & up may only be in the shallow end.
 - If a child needs a flotation device or does not pass the swim test, a guardian 16 & up must be actively supervising and in the water with the child.
 - All situations are at the discretion of the lifeguard on duty.
 - Whirlpool users must be 14 years and older.
 - Sauna and Steam Room users must be 18 years and older.
- Questions? Contact Aquatics Director, Nick Shelton, at nick.shelton@newtonymca.org or 641-792-4006

NEW Group Swim Lessons

We are excited to revitalize our swim lesson program to better serve your child! Below is a breakdown of each level of training and the different groups within:

Swim Starters: Accompanied by a parent, infants and toddlers learn to be comfortable in water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

-A/Water Discovery: Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

-B/Water Exploration: In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Swim Basics: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills; swim, float, swim-sequencing front glide, roll, back float, roll, front glide, and exit as well as jump, push, turn, and grab.

-1/Water Acclimation: Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

-2/Water Movement: In stage 2, Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3/Water Stamina: Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Swim Strokes: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

-4/Stroke Introduction: Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

-5/Stroke Development: Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

-6/Stroke Mechanics: In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Sessions will run March 22 - April 19, April 26 - May 22, and May 31 - June 26.

100 Mile Swim Club

Grab your suit, cap, and friends and jump into our brand new 100-mile swim club! All participants 16 and older are welcome! This program only costs \$10 and all you have to do is keep track of your distance in our binder. If you get over 100 miles during the course of 2020 you get a T-Shirt and you get to attend the celebratory banquet. There are bonus prizes for people who go above and beyond 100 miles! You can use any swimming stroke that you are comfortable with!

Summer Swim Team

Join the Penguins Swim team for a brand new season for your swimmer's skills to improve against surrounding teams! We are looking to start evening practices at the end of May with our summer practice schedule being Mondays, Tuesdays, and Thursdays from 7 a.m. - 8:10 a.m. for 11 years and older and 8:10 a.m. - 9 a.m. for the younger group as well as a Friday 7 a.m. - 8:30 a.m. for just the older group. Keep an eye on our social media and website in March for the full details. Questions? Contact Aquatics Director, Nick Shelton, at nick.shelton@newtonymca.org or 641-792-4006

Private Swim Lesson Information

Great for first time swimmers of all ages or those wanting a personalized one-on-one swim lesson approach. No matter the level of you or your swimmer, we have just the instructor to help you reach your goals! Learn water safety, basic swim strokes, or work on perfecting already learned techniques to achieve your swim goals! To set up your private swim lessons with one of our great instructors, please ask the Welcome Center for a private swim request form or reach out to Nick Shelton at nick.shelton@newtonymca.org

CPR Classes

Whether your job requires the training, you work with youth, or you just want the peace of mind; this is the class for you! Participants will learn through class discussions, videos, and hands on training. The cost of certification is \$35 for Y Members and \$55 for Community Members. Our upcoming classes are: Feb. 17 5 p.m. - 9 p.m., Feb. 29 9 a.m. - 1 p.m., Mar. 14 9 a.m. - 1 p.m., and Mar. 23 5 p.m. - 9 p.m.

Lifeguard Training

Learn how to effectively prevent and respond to emergencies. This course is designed to teach participants the skills and knowledge needed to be prepared for various scenarios in and around the water. This training will include injury prevention, drowning prevention, and how to respond quickly to emergencies both in and around the water. All participants must complete an in water pre-course on the first day of class, which includes a 300-yard swim. Lifeguard certification classes require an online course that MUST be completed prior to the classroom sessions. If online portion is not completed before class on the first day, participants will be asked to register for another class. Must be 15 to register.

Lifeguard Certification Course: \$175 Y Members | \$200 Community Members

Dates: (Must attend all classes in a session)

Feb. Session - Feb. 28 5 p.m. - 9 p.m., Feb. 29 8 a.m. - 6 p.m., & Mar. 1 1 p.m. - 5 p.m.

Mar. 1 Session - Mar. 17 9 a.m. - 4 p.m., Mar. 18 9 a.m. - 4 p.m., & Mar. 19 9 a.m. - 4 p.m.

Mar. 2 Session - Mar. 27 5 p.m. - 9 p.m., Mar. 28 8 a.m. - 6 p.m., Mar. 29 1 p.m. - 5 p.m.

Lifeguard Review Course: \$125 Y Members | \$150 Community Members

Dates: (Must attend all classes in a session)

Mar. Session - Mar. 7 9 a.m. - 5 p.m. & Mar. 8 1 p.m. - 5 p.m.

Member Benefit

Child Watch/Kid Zone

The Newton YMCA provides drop-in child care for members with young children wishing to work out. Drop-in child care is provided from 8:00 a.m. to 11:00 a.m. and 5:00 p.m. to 8:00 p.m. Monday-Thursday, 8 a.m.-11 a.m. on Saturday from Labor Day to Memorial Day. Children MUST be part of a current family membership and at least 6 weeks of age.



Early Learning Center

With so many demands on today's families and the increased focus on early brain development, families need support to nurture their child and help the child reach their full potential. The Y focuses on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy and trusting relationships and build self-reliance. We focus on providing an all day learning environment!

Our philosophy is to maintain open communication between the parents and staff to meet your child's needs. The vital component to our child care program is our staff. Staff is trained to guide and direct children with warmth, acceptance, concern, approval and respect which helps develop a strong positive self-concept. We believe that parents and staff working together and sharing knowledge is the key to a successful program.

We'd be happy to give you a tour and discuss with you how the YMCA Early Learning Center can meet your family's child care needs. Please call today, (641) 792-7021.

School's almost over, and we are gearing up for summer! The YMCA Early Learning Center is planning a summer full of swimming, field trips, community service, sports camps, world culture exploration, and expressing themselves with theater. Registration for summer begins April 6, and last year we filled up quickly!



Personal Training

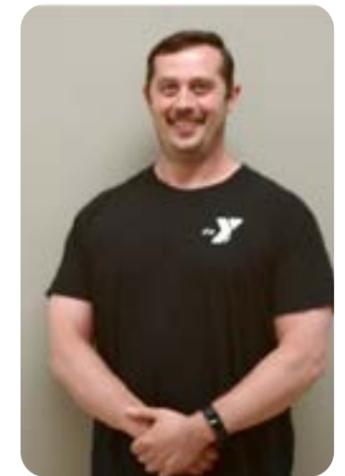
Personal Training at the YMCA is all about YOU! Your personal trainer will help you achieve your wellness goals in a program that is geared toward your needs. Our certified trainers will assist you in delivering the results you are looking for. Stop by today for pricing and to see how we can get you closer to your fitness goals!

We also offer Cybex orientations to all new members for free! This is a one hour walk through of how to properly use all of our Cybex machines in the cardio and strength area. If you haven't had a Cybex orientation before, stop by the Welcome Center to get your name down to have one scheduled.

JULIE



RICH



Group Fitness

Fitness Classes

- Members and guests 14 years and older may participate in any Group Fitness Class.
- Youth 9 and older may participate in the Group Fitness Class if they are fully participating in the class and under direct supervision of an adult (18 or older).

Whether your goal is to lose weight, improve health, release stress, or to meet like-minded people, we have a class for you! A wide variety of classes including strength, cardio, cycle, yoga, senior chair, aqua fitness, and more! Contact our Aquatics and Fitness Director, Hannah Bartlett, at 641-792-4006 or hannah.bartlett@newtoymca.org for help on finding a class that fits you!

Arthritis Foundation YMCA Aquatic Program (AFYAP): A fun and easy exercise in the water to increase or maintain range of motion and flexibility while promoting joint protection.

Aqua Energy: Using the shallow end and creating our own energy, you will get a great cardio and strength workout using the water's resistance.

Blast: A high intensity workout that will make you build strength, stamina and cardiovascular endurance while burning tons of calories.

Bodypump: Using light to moderate weights with lots of repetition, Bodypump gives you a total body workout. Instructors will coach you through the moves and techniques pumping out encouragement, motivation, and great music.

Body Sculpt: Through the use of dumbbells, stability balls, rubber tubing, bands, and an individual's own body weight, Body Sculpt focuses on overall strength, stabilization,, and flexibility.

C/S Circuit: This class is great for those getting started in strength training or someone wanting to up their workout regimen. Be ready to push yourself!

Chair Cardio & Strength: Have fun while moving to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Great for seniors!

CXWORX: a Short, 30 minute class from Les Mills that will challenge your core! Tighten, tone, and strengthen your core in a new, fresh and intense class!

Deep Water Exercise: A deep-water class ideal for aerobic and muscle conditioning. Water belts and flotation devices such as barbells and noodles are used to provide a great workout with no impact.

Deep Water Splash: A deep-water class filled with fun aerobic and muscle building exercises. You'll kick and punch your way to a healthier you!

Line dancing: Not only will you look good dancing, but you will also get a fantastic workout!

PiYo: This class incorporates traditional yoga poses while adding in elements of Pilates to improve endurance, flexibility, body awareness, and coordination.

R30 (cycle): This class will get you moving and feeling better in only 30 minutes. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness.

Shallow H2O: Using the resistance of the water, this class provides an aerobic and stretching workout adaptable to all ages and fitness levels.

Step Aerobics: High intensity aerobic workout utilizing the STEP bench designed to increase cardiovascular fitness.

Step and Sculpt: Segments of step aerobics and weight training to increase your heart rate and tone muscles.

TRX: Use elevated TRX straps to perform a limitless number of movements.

Yoga: Experience the mind/body connection through a series of postures, creating continuous flow, accompanied by deep breathing.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
5:15 - 6:15 AM	Boot camp Jen Gym	BODY PUMP @ Marie Studio A	Boot camp Jen Gym	BODY PUMP @ Marie Studio A	Boot camp Jen Gym	
6 - 7 AM		Deep Water Cheryl Pool	Deep Water Cheryl Pool			Cycle Brad 6:15 -7 am (class 1) 7:05-7:50 am (class 2) Studio A
7 - 8 AM		Yoga Meghan Studio B		Yoga Meghan Studio B		
8 - 8:45 AM	Body Sculpt Esmeralda Studio A		Body Sculpt Esmeralda Studio A		Body Sculpt Esmeralda Studio A	
8:15 - 8:45 AM		CXWORX (core) Esmeralda Studio B		CXWORX (core) Esmeralda Studio B		
8:15 - 8:55 AM		Chair Aerobics Celine Studio A		Chair Aerobics Celine Studio A		
8:15 - 9:15 AM						BODY PUMP @ Esmeralda Studio A
8:30 - 9:15 AM	BLAST Kristin Gym		CIRCUIT (8:45 - 9:30) Hannah Gym		BLAST Kristin Gym	
8:45 - 9:15 AM				Roller @ Rosa Studio B		
9 - 10 AM	Step N Sculpt Mary L. Studio A		Step N Sculpt Jolinda Studio A	Line Dancing Mary L. Studio A	Step N Sculpt Mary L. Studio A	
9 - 10 AM	Shallow H2O Priscella Pool	Water Wellness Linda Pool	Shallow H2O Priscella Pool	Water Wellness Linda Pool	Shallow H2O Priscella Pool	
9:20 - 9:50 AM						CXWORX @ (core) Esmeralda Studio A
10 - 10:40 AM	Chair Aerobics (10:05) Mary L. Studio A				Chair Aerobics (10:05) Mary L. Studio A	
AFTERNOON						
12 - 12:45 PM	CXWORX @ (core) Marie Studio A			Cycle Brad Studio A	Yoga Shauna Studio B	
1-2 PM	AFYAP Joanita Pool		AFYAP Joanita Pool		AFYAP Joanita Pool	
EVENING						
5:15 - 6:15 PM		BODY PUMP @ Joan Studio A		BODY PUMP @ Joan Studio A		
5:15 - 6 PM	Cycle 30 Together @ Esmeralda Studio A		Step Aerobics Studio A			
5:30 - 6:15		Aqua Energy Mary D. Pool		Aqua Fit Angela Pool		
6 - 6:45 PM	TRX @ Mary D. Gym		TRX @ Mary D. Gym			
6:05 - 6:45 PM			PiYo @ Studio A			
6:15 - 6:45 PM		CXWORX @ (core) Joan Studio A		CXWORX @ (core) Joan Studio A		
6:50 - 7:20 PM						
6:50-7:30 PM	Power Yoga Mary D. Studio B					

Blue - Aqua
Red - Cardio
Gray - Strength/Cardio
Orange - Strength
Pink - Flexibility & Strength
Purple - Mind, Body, Spirit
Green - Fee Included

Boot Camp

Test your endurance and strength in the fee based, six-week class! Boot Camp was created for the early risers who want to be challenged three times a week. Boot Camp participants meet Monday, Wednesday, and Friday mornings at 5:15 a.m. until 6 a.m. with sessions running Feb. 17-Mar. 20, Mar. 23-Apr. 24, and Apr. 27-May 29; and is \$30 for Y Members and \$60 for community Members. Try your first class for free!

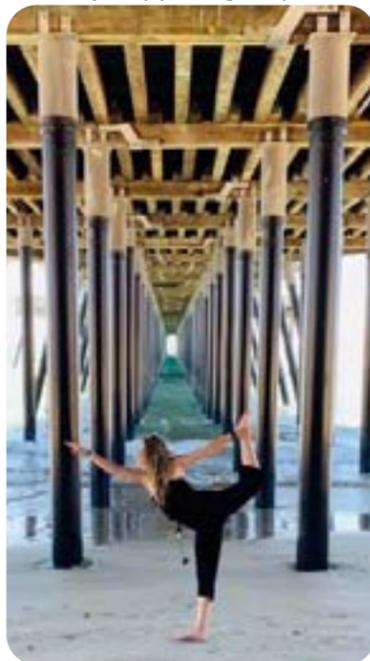
Women's Self Defense

Join local Sargent Lavelly from the Newton Police Department to learn how to protect yourself with self-defense strategies. This 2 hour, hands on class will teach you how to be aware of you surroundings as well as self-defense moves. This class is for women over the age of 13 and will be \$10. Upon registration you will need to fill out a form that is due by 5 p.m. on March 23. The class will be at your Newton Y on March 28 from 8 a.m. - 10 a.m.



Small Group Life

Find freedom from the body shaming, guilt, and obsession we put on striving for a certain body weight or pant size with an empowering program that encompasses mind, body, and spirit. Small group fitness training, basic nutrition, daily encouragement, and a weekly support group will give you a fresh perspective on health. This class is led by none other than Hannah Bartlett! She has made this class specifically for women over 18 years old. The cost is \$60 for Y Members and \$80 for Community Members. This class runs from 9 a.m. - 10:30 a.m. on Tuesdays from March 31 - May 5 at your Newton Y!



Weightloss Support Group

Specifically for those who have had successful weight loss through gastric bypass, gastric banding, sleeve gastrectomy, or any other avenue of a lifestyle change. Share successes, struggles, and your journey with others who have had similar experiences. You'll create connections, leave encouraged, and receive ideas, inspiration, and support. This group is for men and women of any age and will meet the first Monday of every month (Mar. 2, Apr. 6, & May 4) at 6:30 p.m. This is a free program for everyone and there is no need to sign up!



Adult Spring Flag Football

Join us for our NEW spring flag football for adults! Take your love of football out onto the field in this competitive and fun league. Players put together their own team comprised of at least 6 and no more than 8 players. If you are a team of only 5 or 6 players and you would like to pick up one or two more, you can contact the Y and see if there are any free agents that need to be signed. If you do not have your own team, sign up as a free agent and we will find you one. Our Youth & Adult Sports Director, Scott Taylor, will have final say on team rosters. Our games are 5-on-5 on a 60-yard field with two 7-yard end zones. This league is for anyone in 9th grade and older and will be \$27 for Y Members and \$54 for Community Members. The deadline



to register is March 13 with games being played Sunday afternoons starting March 22 at the Newton High School field along 8th Ave.



Adult Gymnastics

We are excited to offer this NEW program as another fun way for adults to explore different ways of being active in their life! Our Adult Gymnastics classes are for men and women of any age looking to get fit, build skills, and have fun. Classes always begin with stretching, proper posture, technique, and enhancing balance. Adults will improve their strength, flexibility, and body awareness; as well as master fundamental skills. New skills can be taught with confidence using our new Air Trac, soft air mattress. This class is for anyone 14 years and older and will be Fridays at 6:15 p.m. starting March 27 and ending April 24 (no class April 10). The price is \$28 for Y Members and \$56 for Community Members.

Pickleball

Pickleball is a paddle ball sport (similar to a racket sport) that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles to hit a perforated polymer ball over a net. Pickleball is a sport that is fun and very easy to learn. We have players of all ages and we provide paddles and balls to anyone that needs them. We have a Tuesday and Thursday time of 8 a.m. - 10 a.m. that is open to anyone seasoned or new. We have a newer group that is running on Sundays from 1 p.m. - 3 p.m. that is open to all skill levels, but there are a few more advanced players in this group. If you are interested in joining a Pickleball League, please contact our Youth & Adult Sports Director, Scott Taylor, at scott.taylor@newtonymca.org or 641-792-4006.



T-Ball Skills



Get a jump start on the season with Lil' Pro Indoor T-Ball Skills!
 This program is for boys and girls ages 4 - 6 years old. It will be Wednesday evenings from March 18 - April 15 and the fee will be \$29 for Y Members and \$49 for Community Members.



Gymnastics

Parent and Me Toddler Time - Offering a safe and inspiring space where your child can develop coordination while learning basic gymnastics skills. Our class instructor will guide each parent with proper spotting techniques as your toddler explores the gymnastics equipment.: 18 month-3 years old from 5:30 p.m. - 6 p.m., Fridays March 26 - April 24 (no class April 10), and will be \$27 for Y Members and \$54 for Community Members

Tumbling for Tots - This class offers large motor skills implementation and obstacle course-style introduction to equipment.: 3-4 years old from 4 p.m. - 4:30 p.m., Thursdays March 26 - May 14, and will be \$43 for Y Members and \$86 for Community Members.

Gymnastics Level 1 - This class includes introduction to front/back rolls, straddle rolls, cartwheels, and headstands as well as beginning beams and bars.: 4-5 years old from 4:30 p.m. - 5:30 p.m., Thursdays March 26 - May 14, and will be \$56 for Y Members and \$112 for Community Members

Gymnastics Level 2 - In addition to Level 1 skills; back bends, handstands, front and back limbers.: 6-8 years old from 5:45 p.m. - 6:45 p.m. Thursdays March 26 - May 14, and will be \$56 for Y Members and \$112 for Community Members.

Advanced Gymnastics - In addition to Level 1 & 2 skills; front and back walkovers, round-offs, and intro to hand springs.: 8 years old and up from 6:45 p.m. - 8 p.m. Thursdays, and will be \$62 for Y Members and \$124 for Community Members.



Dance



Bring creativity to life through dance! Ballet and Hip-Hop are options for children ages 3-10. This fun, 6-week session allow dancers to try different styles at an affordable price. They'll learn the fundamentals of ballet and hip-hop along with fun choreography! We offer three different classes Tuesdays Feb. 25 - March 31 and April 14 - May 19.
Wee Dance: 3 - 5 years old from 5 p.m. - 5:30 p.m. and will be \$55 for Y Members and \$80 for Community Members.
Wee Dance II: 4-7 years old from 5:30 p.m. - 6 p.m. and will be \$55 for Y Members and \$80 for Community Members.
Hip Hop: 7 - 10 years old from 6 p.m. - 6:30 p.m. and will be \$55 for Y Members and \$80 for Community Members.

Ninja Advantage CREDIT UNION

Lil' Pro Ninja Warrior Training is a fun way to stay active! This program is a combination of gymnastics, martial arts, obstacle training and freestyle movement. This program is for kids ages 3-6 years old. It will be held Fridays from March 27 - April 24 (no class April 10), with the 3 & 4 year old class from 4:15 p.m. - 4:45 p.m. and the 5 & 6 year old class from 4:45 p.m. - 5:30 p.m. The price for this program is \$27 for Y Members and \$54 for Community Members. Questions? Contact Scott Taylor at scott.taylor@newtonymca.org or 641-792-4006



HyVee Soccer Clemon-Maki INSURANCE

Spring Outdoor Soccer League will be for kids age 3 years old - 12 years old. With this program there will be one weeknight practice and Saturday morning games. Practices start the week of March 23 with games running from April 4 - May 16, with no games Easter Weekend. The fee before March 3 is \$29 for Y Members and \$45 for Community Members, starting March 3 is \$44 for Y Members and \$59 for Community Members.



Youth Flag Football

Spring Outdoor Flag Football League will be for kids in grades Kindergarten - 6th. With this program there will be one weeknight practice and Saturday morning games. Practices start the week of March 23 with games running from April 4 - May 16, with no games Easter Weekend. The fee before March 3 is \$29 for Y Members and \$45 for Community Members, starting March 3 is \$44 for Y Members and \$59 for Community Members.



MARK YOUR CALENDAR

Event Name	Event Date	Event Time	Event Location
Special Yoga Class	Feb. 16	3 p.m.	YMCA, Studio A
Swim Lessons Start	Feb. 16	Dependant on Class	YMCA Pool
Boot camp Starts	Feb. 17	5:15 a.m.	YMCA
CPR Class	Feb. 17	5 p.m.	YMCA Conference Room
Adult Basketball Starts	Feb. 25	Dependant on Team	YMCA Gym
Dance Starts	Feb. 25	Dependant on Class	YMCA, Studio B
Lifeguard Certification Class	Feb. 28-Mar. 1	Dependant on Day	YMCA
CPR Class	Feb. 29	9 a.m.	YMCA Conference Room
Weight loss Support Group	Mar. 2	6:30 p.m.	YMCA Conference Room
Last Day for Early Bird Pricing for Spring Soccer and Flag Football	Mar. 2	All Day	YMCA
TPI Fundraiser	Mar. 4	7 a.m.	YMCA Gym
Lifeguard Review Class	Mar. 7 - Mar. 8	Dependant on Day	YMCA
Special Olympics	Mar. 10	3 p.m.	YMCA
Last Day to Register for Adult Flag Football	Mar. 13	All Day	YMCA
Body Pump/CxWorx Launch	Mar. 14	8:15 a.m./9:30 a.m.	YMCA, Studio A
Lifeguard Certification Course	Mar. 17 - Mar. 19	Dependant on Day	YMCA
Indoor T-Ball Skills Starts	Mar. 18		YMCA Gym
Adult Flag Football Starts	Mar. 22	Dependant on Team	
Swim Lessons Start	Mar. 22	Dependant on Class	YMCA Pool
Self Defense Application Due	Mar. 23	5 p.m.	YMCA Welcome Center
CPR Class	Mar. 23	5 p.m.	YMCA Conference Room
Gymnastics Starts	Mar. 26	Dependant on Class	YMCA Gym
Lil' Pro Ninja Starts	Mar. 27	Dependant on Class	YMCA Gym
Lifeguard Certification Class	Mar. 27 - Mar. 29	Dependant on Day	YMCA
Women's Self Defense	Mar. 28	8 a.m.	YMCA Gym
Boot camp Starts	Mar. 30	5:15 a.m.	YMCA
Small Group Starts	Mar. 31	9 a.m.	YMCA
Member Appreciation Week	Apr. 6 - Apr. 10		YMCA
Summer Child Care Registration Opens	Apr. 6		YMCA Early Learning Center
Weight Loss Support Group	Apr. 6	6:30 p.m.	YMCA Conference Room
Easter Egg Hunt	Apr. 11	11 a.m.	YMCA Soccer Fields
Easter Sunday	Apr. 12	Closed	YMCA
Dance Starts	Apr. 14	Dependant on Class	YMCA, Studio B
Healthy Kids Day	Apr. 18	11 a.m. - 2 p.m.	YMCA
Swim Lessons Start	Apr. 26	Dependant on Class	YMCA Pool
Boot camp Starts	May 4	5:15 a.m.	YMCA
Weight loss Support Group	May 4	6:30 p.m.	YMCA Conference Room
Memorial Day	May 25	Closed	YMCA
Senior Health and Fitness Fair	May 27	8 a.m. - 10 a.m.	YMCA Gyms
Swim Lessons Start	May 31	Dependant on Class	YMCA Pool